

## Stroganoff Casserole<sup>25</sup>

Number of Servings: 25 (358.96 g per serving)

| Amount | Measure | Ingredient                                     |
|--------|---------|--|
| 3 3/4  | lb      | Beef, ground, hamburger, pan browned, 10% fat  |
| 7 1/2  | cup     | Water, municipal                               |
| 3 3/4  | cup     | Rice, brown, med grain, ckd                    |
| 6.00   | cup     | Soup, cream of mushroom, rduced sod, cond, cnd |
| 1 1/4  | cup     | Spice, onion, minced, dehyd                    |
| 6.00   | cup     | Sour Cream, nonfat                             |

### Nutrients per serving

| Nutrition Facts  |           |                      |         |
|--|-----------|----------------------|---------|
| Serving Size (359g)  |           |                      |         |
| Servings Per Container   |           |                      |         |
| Amount Per Serving   |           |                      |         |
| Calories 350   |           | Calories from Fat 90 |         |
|  |           | % Daily Value*       |         |
| Total Fat 10g  |           | 15%                  |         |
| Saturated Fat 3.5g   |           | 18%                  |         |
| Trans Fat 0.5g   |           |                      |         |
| Cholesterol 70mg   |           | 23%                  |         |
| Sodium 390mg   |           | 16%                  |         |
| Total Carbohydrate 37g   |           | 12%                  |         |
| Dietary Fiber 2g   |           | 8%                   |         |
| Sugars 8g  |           |                      |         |
| Protein 26g  |           |                      |         |
| Vitamin A 8%   |           | Vitamin C 4%         |         |
| Calcium 15%  |           | Iron 15%             |         |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |           |                      |         |
|  | Calories  | 2,000                | 2,500   |
| Total Fat  | Less Than | 65g                  | 80g     |
| Saturated Fat  | Less Than | 20g                  | 25g     |
| Cholesterol  | Less Than | 300mg                | 300 mg  |
| Sodium   | Less Than | 2,400mg              | 2,400mg |
| Total Carbohydrate   |           | 300g                 | 375g    |
| Dietary Fiber  |           | 25g                  | 30g     |
| Calories per gram:   |           |                      |         |
| Fat 9 • Carbohydrate 4 • Protein 4   |           |                      |         |

### Notes

\* Buy 1 1/4 # 90 or 93% lean ground beef for each 1# pan browned ground beef called for in the recipe. ~1/2 c crumbled, browned lean ground beef = 2 oz/serving

Heat water to BOILING, stir in all ingredients except Sour Cream. Bake at 375 degrees for 1 1/4 hours, stirring after 1 hour. After being oven for 1 1/4 hours stir in sour cream and return to oven for 10 additional minutes. Transfer to steam table and serve at 160-180 degrees F.

1 serving = 1 cup = 2 #8 scoops

1 serving = 38 grams carbohydrate = 2 1/2 Carb servings